



## **Dr Nadvadee Aungkawattanapong King Chulalongkorn Memorial Hospital, Thailand**

### **Biography**

Dr. Nadvadee Aungkawattanapong (she/her) is an Adolescent Medicine Staff Pediatrician at King Chulalongkorn Memorial Hospital, Thai Red Cross, and a clinical instructor at the Faculty of Medicine, Chulalongkorn University in Bangkok, Thailand.

She earned her medical degree and Thai Board of Pediatrics certification from Chulalongkorn University. Driven by her passion for adolescent health, Dr.

Aungkawattanapong completed a two-year clinical fellowship in Adolescent Medicine at the Hospital for Sick Children and the University of Toronto, Canada, graduating in June 2024. Her key interests include eating disorders, transgender and gender-diverse health, and health equity. Alongside her multidisciplinary colleague, she has played a pivotal role in establishing and developing adolescent health services and training programs at her institution. Her utmost goals are to broaden the knowledge of Adolescent Medicine among healthcare providers and to expand adolescent health services to peripheral areas both nationally and regionally.

### **Symposium 1: The Ethical issues in the care of Adolescents with Eating Disorders**

#### **Abstract**

Eating disorders (EDs) are serious psychiatric illness with potentially lethal medical consequences. A significant challenge in treating patients with EDs, particularly anorexia nervosa, stems from the ego-syntonic nature of the illness, where patients' value aligns with the illness symptoms. This alignment often results in a lack of insight into the severity of their condition and a lack of motivation to recover. Often, it is questionable whether patients with EDs, are capable of understanding and providing informed consent to EDs treatment.

Currently, the most evidence-based treatment for adolescents with EDs is Family-Based treatment (FBT). During the initial phase of FBT, parents take full control over patients' calorie intake and expenditure with the aim to rapidly restore adolescents to health. This approach, which limits the patient's autonomy over their nutrition and physical activities, may lead to ethical dilemmas regarding the patient's rights and willingness to adhere to treatment. Balancing between beneficence of the treatment with respect for patients' autonomy is crucial in navigating these ethical concerns. Success in treatment hinges on helping adolescents and their families understand the nature of illness and involving them as active participants in the treatment process alongside a multidisciplinary team.